

Aspects of Truth

Vertical

Assumptions, Evidence, Sources, Reasoning

Horizontal

History, Context, Related Issues, Other Perspectives

Heart

Relationship, Opportunity for Connection
Does it bring us together or drive us apart?

A Tool to Help Discern What is True

Meditation

Train your mind to recognize when it's being pulled in a direction that is not helpful and redirect it to where you want to focus

<https://www.youtube.com/watch?v=dxzZxltHuV0>

Next Steps:

What can you do to promote
Media Literacy and Respect for
Truth?